XP DIABETIC WALKER

PATIENT GUIDE

Your healthcare professional will advise you on how to fit the Aircast XP Diabetic Walker correctly. The steps outlined in this booklet will ensure you are able to fit the boot so that it fits correctly and comfortably, but please contact your healthcare professional in the event of any queries.

CLEANING INSTRUCTIONS

- The shell of the boot can be wiped with a damp cloth and a mild soap.
- The foam liner may be hand-washed in 30°C water with mild detergent and air-dried.
- The sock supplied with the XP Diabetic Walker can be hand or machine washed up to 60°C and tumble dried if required.



Always consult your healthcare professional if you intend to make changes to the walker boot or its use.

This product is to be used under the supervision of a medical professional and is not intended for unsupervised public use.

If you experience any pain, swelling, sensation changes or any unusual reaction while using this product, consult your healthcare professional.

PATIENT NOTES

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Together in Motion...

AIRCAST

XP DIABETIC WALKER

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FITTING THE AIRCAST

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- Please ensure you are seated when fitting the XP Diabetic Walker.
- For comfort and hygiene, we recommend using the sock provided with the walker boot.

1. Prepare Walker Boot:

- Check aircells are deflated (See Step 1 of 'Removing the XP Diabetic Walker').
- Unfasten straps, remove front panel and open toe cover and foot flaps.
- **2. Position heel against back of the boot,** smoothing any wrinkles in sock. Wrap foot flaps over the foot and toe cover over the toes.
- **3. Replace front panel.** Position so that:
- Foot panel is positioned inside the boot.
- Upper part of front panel remains outside the boot.

4. Secure straps from bottom to top (A, B & C).

• Tighten until the boot feels snug and comfortable.

5. Adjust Aircell compression. Inflate in the following order:

- Front Panel (valve 1)
- Inside of leg then outside of leg (valve 2, located on both sides)
- Back of brace (valve 3)
- **6. To inflate aircell,** firmly insert "inflate" tip of hand bulb into front panel valve (1).
- Squeeze hand bulb until bottom edge of black pressure gauge indicator is above number 30.
- Leave air tube in valve and stop squeezing hand bulb the pressure gauge indicator will slowly fall.
- Pull air tube out of valve when the bottom edge of the indicator falls within 10 and 20.
- Repeat process for valves 2 and 3. For valve 2, pressure gauge indicator should be between 20 and 30 before air tube disconnected and between 10 and 20 for valve 3.

Note: The walker comes with two insoles: a pink Plastazote Insole (placed in walker) and an Impax Grid Insole (inside accessory bag). Your healthcare professional will recommend which sole to use.

If using the Impax Grid Insole: locate and remove the pre-cut foam cubes from the underside of the insole around the wound site/s for pressure relief. Remove the pink Plastazote Insole from the walker and replace with the Impax Grid Insole (pink side down). Blue side of Impax Grid Insole should be against the sole of the foot.

REMOVING THE AIRCAST

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- · Deflate aircells before removing boot for proper fit when reapplying.
- 1. To deflate, firmly insert black tip of hand bulb marked "deflate" in valve and squeeze bulb.
- **2.** Undo the 3 straps (the order is unimportant).
- **3.** Remove front panel and open foot flaps and toe cover, before removing leg from the boot.

PRECAUTIONS

- Do not over-inflate aircells. Improper aircell inflation may cause significant skin irritation in patients with diabetic neuropathy.
- Check your skin frequently for "hot spots" and skin irritation. If you see any skin changes or feelings of discomfort, reduce the aircell compression.
- Consult a medical professional if you are concerned about any symptoms.
- Do not use the boot if you cannot feel sensations, whether due to post-op anaesthesia, nerve, skin or other conditions.

NOTES

- Higher pressure provides more support when walking; lower pressure is more comfortable
 when sitting or reclining. Pressure can also be adjusted by tightening or loosening
 the straps.
- If on an airline flight, deflate cells and loosen straps.
- Use caution when walking on slippery or wet surfaces to avoid injury.

For further information, see product Instructions For Use.

